

# canadian camping



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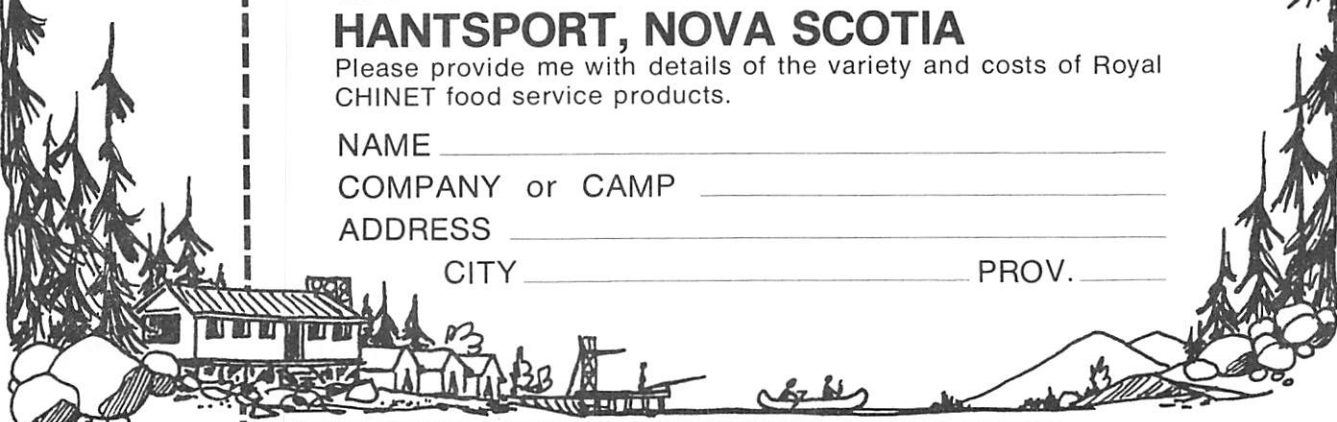
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# FIRE SAFETY

Fires strike suddenly, without warning, taking people by surprise. Statistics show that those most affected are young and elderly populations. It is imperative, therefore, that everyone responsible for providing, monitoring or directing youth camp activities make maximum efforts to prevent fire injuries.

Fires are a national problem that result in the loss of many lives as well as inestimable suffering. Many of these deaths and much of the economic loss are due to the unpredictable nature of fires.

It is important to recognize that fires in forested areas are usually different from urban fires. Wooded areas often become dry and a fire, once started, quickly destroys everything in its path. Often response time is long since sites may be inaccessible to fire fighting apparatus and sufficient water is not available. Once a fire gains headway, total destruction can occur.

These guidelines are provided to outline some potential problems related to fire safety. Since these are only guidelines, more detailed information on particular problems should be sought from national, provincial and local fire authorities and national code organizations.

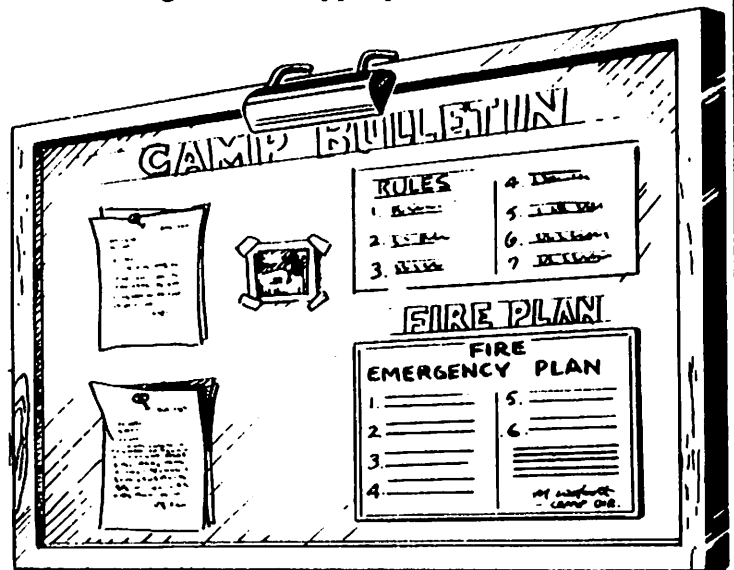
## Safety Officer

A qualified safety officer should be appointed. This person should be responsible for the immediate development of a fire emergency plan. This fire plan should be distributed to each staff member and appropriate sections discussed with all campers as soon as possible after arrival. Fire evacuation procedures and escape routes should be posted in buildings where appropriate.

## Fire Emergency Plan

A fire emergency plan for camps should provide for the following minimum elements:

1. Communication should be arranged with the nearest fire department. When telephones are provided, a current roster of fire departments, physicians, hospitals, police and ambulance services in the immediate area should be posted at the telephone.
2. All campers and staff should be drilled in the procedure contained in the fire emergency plan.
3. Fire drills should be held within the first 24 hours after starting each camping session, and frequently thereafter to minimize the danger of panic.
4. When structures or tents are used for sleeping purposes, procedures should be developed to ensure rapid evacuation in the event of an emergency.



# FIRE SAFETY

(cont. from page 3)

5. Fire watches should be established in all buildings sleeping more than 12 persons and all multi-story buildings, when automatic smoke or fire detection systems are not provided.
6. Arrangements for transporting individuals from the camp to emergency facilities should be included in the plan.
7. Procedures for sounding fire alarms should be posted prominently in each building.
8. The plan should provide for controlling truck and auto traffic through the camp in emergencies.

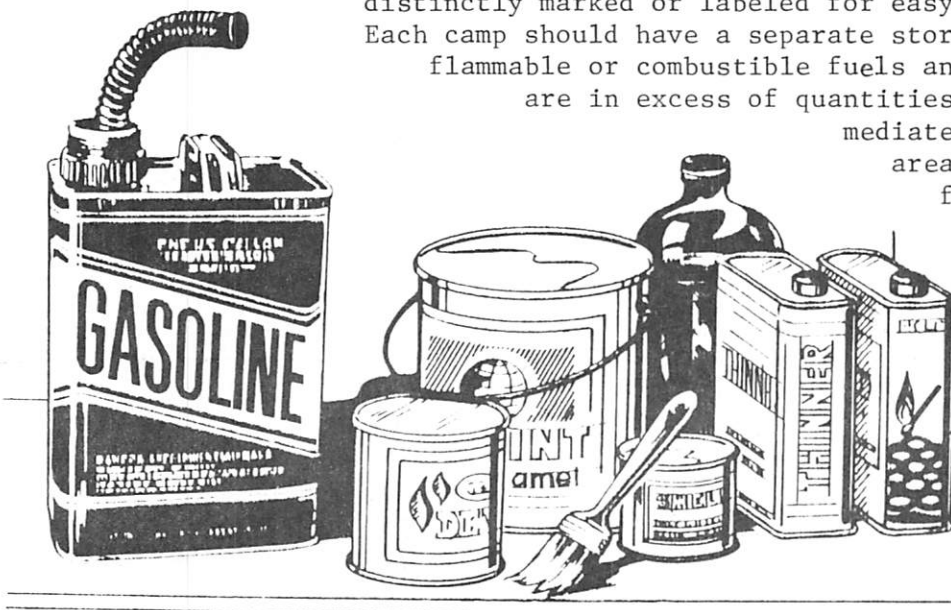
The safety officer is also the individual responsible for the weekly safety checks of the alarm systems and the fire safety inspection in the camp. The safety officer must also ensure that all firefighting equipment is in place.

## CAMP POLICIES FOR FIRE SAFETY

Each camp should have its own written policy governing the use of flammable fuels, the building and extinguishing of fires, and the use of smoking materials. These policies should be provided to each camper and the camp staff should strive for rigid enforcement.

Minimal items that should be included in this policy are those related to:

1. Smoking in the woods, bed or buildings.
2. Proper storage of combustibles and flammables.
3. Guidance for proper location, building and extinguishing of cooking and camp fires.
4. Prohibition of fires, heaters, lanterns, liquid fuel stoves or other flame sources in or near tents.
5. The proper storage of fuels for, and procedures to refuel tractors, mowers and motorboats. No smoking should be permitted during these operations.
6. Gasoline, kerosene and other flammable liquids should be prominently and distinctly marked or labeled for easy identification. Each camp should have a separate storage areas for flammable or combustible fuels and materials that are in excess of quantities needed for immediate use in occupied areas. Safe practices for the storage, dispensing of fuels and disposal of unnecessary materials should be followed.



(cont. on  
page 10)

GREAT SPIRIT MAKE ME

O Great Spirit, whose voice I hear in the winds,  
whose breath gives life to the world, hear me.

I am small and weak.

I need your strength and your wisdom.

May I walk in beauty.

Make my eyes ever hold the red and purple sunset.

Make my hands respect the things you have made and  
my ears sharp to hear your voice.

Make me wise so that I may know the things you have

taught your children,  
the lessons you have hidden in every leaf and rock.

Make me strong not to be superior to my brothers  
but to be able to fight my greatest enemy... myself.

Make me every ready to come to you with straight eyes,  
so that when life fades as the fading sunset,  
my spirit will come to you without shame.

-- Translated from the Sioux --

\* \* \* \* \*

It is the hope of the editorial staff of Canadian Camping that during the summer of 1981, those attending C.C.A. camps will be helped to be more aware of the earth and how we may all get along with one another so that it is a more pleasant place on which to live.

# COLD WATER SURVIVAL

QUESTION: When is a life jacket not a life jacket?

ANSWER: When the person wearing it dies.

The above provides a rather grim answer to a childlike riddle, but like many others, it in turn triggers a further question. Why do people die in their life jackets? In most cases they do not die of shock or fatigue but of cold. The body quickly surrenders its heat to the cold Canadian waters and as the blood circulates through the heart and brain, these vital organs become impaired. The body is an electro-chemical machine and its chemical reactions are slowed by cold. A slowing of the brain chemistry can cause unconsciousness, and the cooling of the heart can lead to the state of electro-chemical anarchy known as fibrillation which, unless it can be checked, leads inevitably to death.

To date the agencies concerned with water safety have showed a very proper concern about drowning and have thus concentrated their efforts on flotation by teaching survival techniques and designing reliable P.F.D's (Personal Flotation Devices). However, if rescue is delayed, flotation alone will not save you and the bright orange jacket that kept you afloat will serve only as a marker to help in the recovery of your lifeless body.

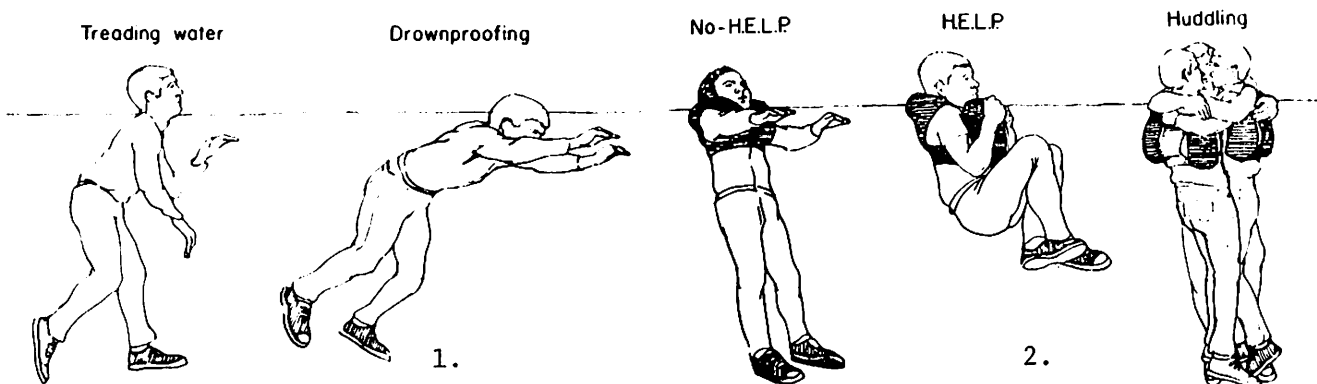
In 1971, a research team at the University of Victoria comprised of Dr. John Hayward, Dr. Martin Collis and Dr. John Eckerson began a detailed study of the physiological responses of the body to long-term immersion under actual ocean conditions. The subjects were monitored much like the astronauts at the Houston control centre, so that throughout each immersion, scientists had a second picture of the body's response to cold stress. Additional information about cooling was added by a thermography scanning technique to highlight the critical areas of heat loss in the body during immersion. It had already been discovered that one cooled more slowly holding still than when swimming and the thermograms provided an explanation why.

In swimming blood is forced to flow into the large muscles of the upper body, it is cooled as it flows close to the surface.

As it returns to the heart and deep body areas in the course of circulation this cooled blood in turn lowers the core temperature of the body.

Based on this information a science of cold water survival began to be developed.

It was discovered that one's survival time could be increased by one third by merely holding in the water instead of swimming. This meant that in 10° C (50° F) water a person who might survive two hours while swimming would have a predicted survival time of 2 $\frac{3}{4}$  hours if they held still. As a result of further experimentation it was predicted that in 10° C water an average person would be able to swim a little less than a mile before being completely incapacitated by cold.



If no P.F.D. is available, some sort of swimming is inevitable. The much publicized drown-proofing technique where the head is lowered slowly down into the water and gently raised to breathe (Figure 1) was compared to treading water. It was discovered that drown-proofing brought about quicker cooling than any other technique yet tried. A tremendous amount of heat can be lost from the head, and the cooling rate while drown-proofing was 35% faster than while treading water which keeps the head clear of the surface. Comparing drown-proofing to holding still in a P.F.D. showed that someone would be able to survive nearly twice as long holding still with their head clear of the water than by drown-proofing.

Carrying the research to the next stage it was reasoned that if you could somehow protect the critical areas of heat loss then theoretically the cooling process would be slowed and survival time would increase. With this in mind a position called HELP (Heat Escape Lessening Posture) was developed, (Figure 2) for those in the water alone, while the Huddle was proposed for small groups. The theory worked out in practice and survival time proved to be nearly four hours in 10° C water for each technique which is approximately double the survival time of a swimmer. Those techniques are now being adopted by some of the major organizations concerned with safety in Canada.

An aspect of cold water survival which is often overlooked is the rewarming technique. If someone is very hypothermic, merely covering them with blankets may not be enough to enable them to rewarm themselves. The key to rewarming therefore is to provide some external source of heat for the victim. Hot drinks, electric blankets and hot water bottles can help when special warming aids are not available.

After more than 500 immersions in temperatures ranging from 4° C to 15° C the University of Victoria make the following suggestions:

1. Whatever happens try to keep your head clear of the water.
2. Unless land is within easy reach, holding still in the water is preferable to swimming or other vigorous movement.
3. The HELP or Huddle procedures can cover areas of high heat loss and lead to increased survival time.
4. If you can get out of the water onto a log or upturned boat, do so.
5. A P.F.D. is not really a *life jacket* unless it provides a measure of thermal protection, so if you are going to buy something to keep you afloat, why not invest in a garment that also keeps you warm?

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# SECURITY and DISASTER at CAMP

by Professor F.M. Chapman

One camp brochure is entitled "Treasured Memories"<sup>1</sup> while actual news-headlines within the past couple of years have read "Clues Sought in Murder of Three Girls"<sup>2</sup> and "Parents Await Second Call for Kidnapped Girl".<sup>3</sup> What a contrast between the sublime beauty of camping and the frustration of tragedy. Some camp directors rebel at the thought that such catastrophic events as rape, murder or abduction would ever occur.

There is no longer room for naivety nor carelessness when it comes to securely guiding the camp community. The camp director's traditional areas of preparation have routinely included such topics as business, personnel, program and philosophy. The term "security" now presents itself as a fact of life. This professional responsibility has been added in recent years under the definitions of protection and security.

Some may say that pessimism prompts predictions of disasters in day camps and resident camps. It is more realistic to follow the motto "safety first" rather than to glibly assume that accidents and abuses will never happen. The optimistic camp operator is also the realistic one. Today's rise in juvenile delinquency and crime unfortunately touches the boundaries and heart of camping.

Nine catastrophic camp occurrences are identified for the watchful camp director:

- |                 |              |           |
|-----------------|--------------|-----------|
| 1. Accidents    | 4. Drowning  | 7. Rape   |
| 2. Asphyxiation | 5. Epidemics | 8. Storms |
| 3. Bombs        | 6. Murder    | 9. Theft  |

All of these activities have occurred in organized camps at various locations throughout the United States and Canada. The bomb that exploded in a Wisconsin camp with the death of one boy<sup>4</sup>, and the murders in Oklahoma<sup>5</sup> are only some of the events that might have been prevented.

The headlines that follow tragedies provide hard inquiries which literally capitulate some camps. Rising above "bad publicity" is difficult for youth agencies to handle. Of greater importance is how does the camp director explain it to the parents or guardians of the lost child. It is at this point that one in charge needs to search and seek for gross negligence.<sup>6</sup> Being "super-cautious" is not such a bad idea in the long run.<sup>7</sup>

1. Union Gospel Mission, Saint Paul, Minnesota.

2. St. Paul Dispatch, June 14, 1977.

3. Op. cit., July 2, 1977

4. "St. Paul Scout Aide Killed, 7 Hurt by Bomb-Explosion", St. Paul Pioneer Press, August 20, 1962.

5. "Probe Continues in 3 Girls' Deaths", St. Paul Dispatch, June 16, 1977.

6. Wilkinson, Robert E., Camps, Their Planning and Management, pp.167-173.

7. Ball, Armand and Beverly, Basic Camp Management, pp. 45-49.



It is impossible to prevent all intrusions and natural disasters. It does make sense to prepare staff on how to handle emergencies. (Canadian Camping May 1980 issue) With common sense, confidence, the due concern of a considerate parent,<sup>8</sup> and protective devices the director can minimize the disaster potential.

Hurricanes and tornadoes suggest the need to have radios for warning signals. Weather forecasting as a program activity can aid in a more vigilant staff who understand the conditions capable of brewing up a storm. Many camps are known for their "above ground characteristics" with limited shelter potentials. A tornado shelter may save a whole camp population is the big wind hits broadside.<sup>9</sup> Campers who lost their lives in a Minnesota tornado might have been saved with proper warning and shelter.<sup>10</sup>

Provincial health departments can be helpful in times of epidemics. One camp survived an epidemic of impetigo through fast adherence to sanitary requirements.<sup>11</sup> The nurse needs to not only have tender loving care (TLC), but quick detection ability when it comes to a spreading disease.

Some camp directors continue to be naive when it comes to sending groups of boys and girls into the wilderness. Watchful adult supervision is helpful but not enough when children are sleeping in tents. Walkie-talkies, CB radio or telephones are also needed to serve as communication contact with headquarters. One camp installed telephones at locations not too distant from the camp office.<sup>12</sup> In most locations it is possible to dial several numerals which ring at all extension telephones of the same number. Telephone companies know these code numbers. Another camp obtained a hand crank siren from an old fire engine.<sup>13</sup> This high volume wailing siren is frequently enough to scare off many intruders. Many power companies have powerful safety light available for rent as street lamps which go on at night and off in the morning automatically. There should also be clear understanding as to how law authorities can be called in time of need.<sup>14</sup>

Waterfront and camp vehicles seem to be the stimuli for accidents and death. Requiring campers to wear P.F.D.s when going boating may not only reduce insurance costs,<sup>15</sup> but aid in the saving of lives. Youngsters who are driven here and there in cars and trucks by camp staff members are conceivable accident victims. The renting of well insured school buses provides a convenient answer to mass transport in the countryside.

All staff members should have wary eyes beamed to strangers and visitors. The need to be watchful and even suspicious serves as a way of checking those with questionable motives. Many passers-by are merely tourists and those with very innocent plans. This watchfulness by roving eyes will serve as the best warning signal of possible mischievousness.

8. op. cit., Wilkinson, page 168.

9 Camping Magazine February 1974, p.16

10. A Church Camp on Lake Roosevelt in Northern Minnesota, 1973

11. Minnesota Elks Youth Camp

12. Ibid.

13. Ibid.

14. Michigan Dept. of Social Services, Security, Vol. 2, no. 1, March 1979 p.5.

15. The Christian Science Monitor, July 16, 1979, "Reflections of Running a Camp"

(cont. on page 12 )

# FIRE SAFETY

(cont. from page 4)

## Cooking Equipment

It is very important that all kitchen facilities be designed and installed properly. Kitchen personnel should be briefed in proper operation of cooking facilities, disposal of fats and waste and measures to follow in the event of a fire.

Cooking campfires and open flames should not be permitted within 10 feet of any tent. When portable stoves are used for cooking, the following safety precautions should be observed:

1. The equipment must be of an approved type. Stoves using kerosene, butane or propane are available. Butane and propane are preferable since they are not spillable.
2. Care should be taken to prevent fuel leakage from the portable stove into the carrying pack.
2. The stove should be completely filled with fuel before each use so there is no need to refill a hot stove while cooking.
4. Stoves should never be used inside a tent.
5. Correct procedures for starting the stove should be carefully followed to prevent personal injury.
6. Fuel should be placed a safe distance from any heat source.

## Electrical Equipment

All electrical installations should be made in conformance with the latest edition of the national electrical code. Some safety checks for assuring that electrical installations are proper include:

1. Make certain fuses and circuit breakers are of correct size. Service panels should be located in a dry place.
2. All wiring should be fastened securely to receptacles and fixtures.
3. All junction boxes, panel boxes, conduit and other concurrent-carrying metal parts should be effectively grounded.
4. Over loaded circuits, as indicated by excessive dimming of lights when other appliances are turned on or frequent blowing of fuses, should be augmented with additional circuits. Deliberate overloading of a circuit should not be permitted.
5. Flammable or combustible items must never be placed close to electric bulbs.
6. Extension cords should not be used in lieu of permanent wiring. However, when used, extension cords should be of proper gauge wire. Frayed or worn cords should be replaced immediately. Cords should never be run under rugs or used in a manner that might cause accidental injury.
7. All electrical equipment should be C.S.A. approved.
8. Appliances such as irons, toasters, hair dryers and portable heaters should be disconnected when not in use.
9. Outside wires should be checked annually and also after storms for insulation wearing, fraying and loose supports.

## Protective Equipment

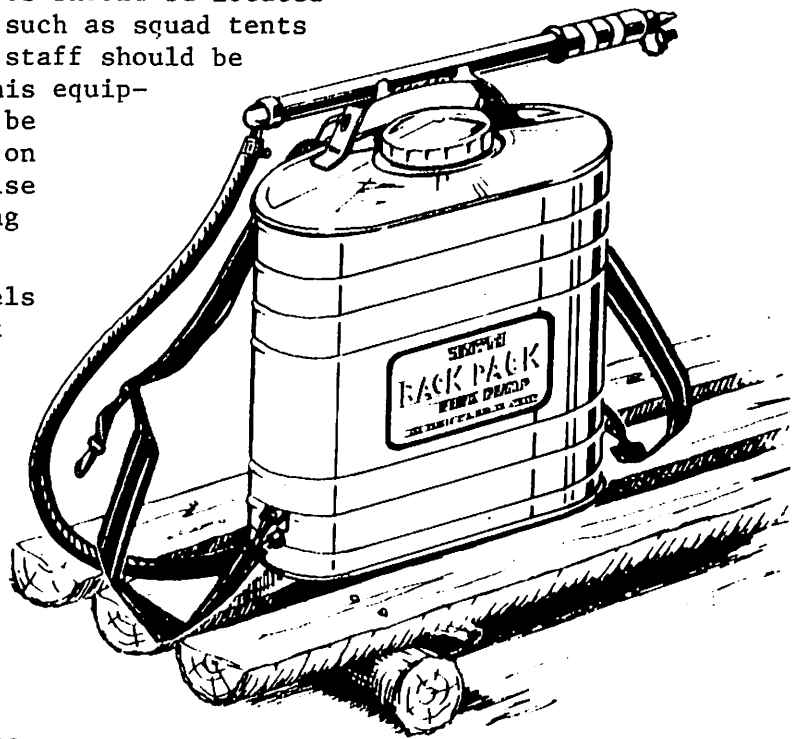
It is good practice to have a smoke detector in all separate sleeping cabins.

Fire Extinguishers of a class and size determined by the local fire authority should be installed throughout the camp. Camp staff should be trained in the proper use of these extinguishers. All fire extinguishers should be checked weekly during the camping season for proper charge.

Water Hose Outlets, when available, should have sufficient garden or other hose to reach any part of the structure. One hundred feet of hose with an adjustable nozzle is a minimum. The hose should be connected and racked in place. It is desirable that each building be reachable from at least 2 hose bibbs.

Backpack Pumps filled with water should be located by the door of all large tents such as squad tents or administrative tents. Camp staff should be trained in the proper use of this equipment. These pumps should also be included as standard equipment on camp maintenance vehicles or else be readily available for loading on these vehicles.

Other Equipment Ladders, shovels, axes, rakes and other equipment should be available, particularly in remote areas when fire department personnel could not arrive quickly. The equipment must be kept available at all times, but secure from campers.



## Actual Fire Emergency

When a fire is discovered, the alarm should be sounded as quickly as possible in accordance with the camp procedures and the emergency plan implemented with all persons carrying out their assigned roles. Plans for notifying the nearest fire department by telephone or other communication should have previously been established.

The building should immediately be evacuated, as in the practice fire drills. Campers should assemble outside the building in a predetermined area and a roll taken. Campers should not be permitted back inside a burning building for any reason. Counsellors should only attempt to extinguish the fire if they have had fire training and can do so without endangering themselves or others.

In the event of a forest fire, evacuation plans for campers must be put into effect. These evacuation plans should be posted and have been previously discussed with staff so all members know their assigned roles.

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# SECURITY

cont. from page 9 )

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AMATEUR

FOR SALE



While the security devices found in some large suburban homes may not be necessary at camp, a combination of many diversified security measures is a good idea. Such items as dead bolts, alarms, control of keys and police liaison add to the human element of being watchful.<sup>16</sup> Today's camp director can no longer assume that disaster happens only at the other camp.

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16. Op. cit. Michigan Dept of Social Service, Security, page 2.

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Wilkinson, Robert E., Camps, Their Planning and Management, C.V. Mosby Co., St. Louis, Missouri, 1978.

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